



October 2015

Hi Everyone,

SALTMARSH YARD SALE

The "FRIENDS" of the Saltmarsh are holding a yard sale Saturday, October 31, 2015 from 8AM-Noon. They are looking for items for sale which can be dropped off at the Saltmarsh at anytime. They are requesting NO big items, NO electronics, NO books and all clothing must be new.

Dust off your baking gloves and get baking for the sale. Please drop off baked good, wrapped, priced and ready to sell on Friday, October 30th before 4PM.

This is no ordinary yard sale. There will be a Chinese Auction, a silent auction, a bake sale table and vendor tables! Come see what we have in store for you!

Thank you to all the volunteers, vendors and donors!

Laura, Program Coordinator



MONTH AT A GLANCE

LOW VISION & AGING TALK

Thursday, October 1, 2015 from 1:30-2:30PM.

SHERLOCK HOLMES MOVIE

Friday October 2nd, 9th & 16th in the computer room from 1:00-2:00PM.

CRAFTING RESUMES

Tuesdays at 9:30AM.

COUNCIL ON AGING BOARD MEETING

Wednesday, October 7, 2015 at 1:30PM.

All meetings are open to the public.

SHIPS INN BENEFIT FOR THE NANTUCKET CENTER FOR ELDER AFFAIRS

Thursday, October 8, 2015 from 5:30-9:00PM.

CENTER CLOSED FOR COLUMBUS DAY

Monday, October 12, 2015

NANTUCKET CONSERVATION FOUNDATION

Thursday, October 15, 2015 at 1:30PM.

SALTMARSH DINNER

Monday, October 19, 2015 at 5:00-6:00PM.

NCEA (Nantucket Center for Elder Affairs)

Wednesday, October 21, 2015 at 2:30PM.

All meetings are open to the public.

NCEA (Nantucket Center for Elder Affairs) & COA (Council on Aging) joint meeting

Wednesday, October 21, 2015 at 3:30PM.

Guest speaker: Emmett Schmarsow

CRANBERRY ORANGE SCONES

Friday, October 23, 2015 from 1:30-3:30PM.

MEN'S BREAKFAST

Friday, October 30, 2015 at 8:00AM

YARD SALE

Saturday, October 31, 2015 from 8AM-Noon at the Saltmarsh

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ACTIVITIES

LOW VISION AND AGING

Thursday, October 1, 2015 at 1:30PM

Most people find that their vision changes as they get older. Some changes are normal; but, some changes are associated with age-related diseases, like macular degeneration, glaucoma, cataract, or diabetic eye disease. In this program, you will learn more about these conditions, as well as benefits and services available through the Commission for the Blind and other agencies. You will have an opportunity to learn about helpful and interesting low vision aids, and how to help people with low vision. Andrea Schein does public education for the BRIDGE Elder Blind Program at the

Massachusetts Commission for the Blind.

Call the Saltmarsh at 508-228-4490 or sign up at the front desk.

SHERLOCK HOLMES MOVIES

Friday October 2nd, 9th & 16th from 1:00-2:00PM

In the Computer Room

Jeremy Brett, an English actor, is probably best known for playing the famous, fictional detective Sherlock Holmes in four Granada TV series from 1984 to 1994 in all 41 episodes. His career spanned from stage to television and film to Shakespeare and musical theatre. He is also remembered for playing the besotted Freddie Eynsford-Hill in the Warner Bros. 1964 production of My Fair Lady. In 2014 Brett was voted the Greatest Sherlock Holmes beating other actors who have also played the iconic role.

This month's titles are:

Friday, October 2, 2015: "The Red Circle"-Mrs. Hudson asks Holmes to help her friend with a lodger who insists on nobody entering his room, and his secret past is uncovered.

Friday, October 9, 2015: "The Mazarin Stone"-Mycroft investigates when the Mazarin Stone is stolen from a museum, and Watson deals with the promise of a large inheritance if a third person with the surname of Garrideb can be found.

Friday, October 16, 2015: "The Cardboard Box"-When Susan Cushing is sent two severed ears, Holmes connects the case with her missing sister.

Come enjoy the movie!

Call the Saltmarsh at 508-228-4490 or sign up at the front desk.

SHIPS INN ANNUAL FUNDRAISING EVENT

Thursday, October 8, 2015 from 5:30-9:00PM

13 Fair Street

Mark & Ellie Gottwald, owner's of the Ships Inn, are pleased to donate the proceeds from all the dinners served on their last night of the season to the Nantucket Center for Elder Affairs, which is the 501(c)3 non-profit which funds the Saltmarsh building and it's programs.

Please support our joint effort and make your reservations early.

This is sure to be a sell-out.

Reservations are highly suggested at 508-228-0040.

ACTIVITIES

NANTUCKET CONSERVATION FOUNDATION

Thursday, October 15, 2015 at 1:30PM.

Join Jim Lentowski as he discusses the history of our Milestone Road Cranberry Bog, shows some pictures and a video about the current bog operations. Pick up some Nantucket cranberries and recipes.

Call the Saltmarsh at 508-228-4490 or sign up at the front desk.

SALTMARSH DINNER

Monday, October 19, 2015 from 5:00-6:00PM

Chef Terry Noyes from Sushi by Yoshi will prepare dinner
Dessert and Beverage.

\$4.00 donation.

Call the Saltmarsh at 508-228-4490 or sign up at the front desk.

BOARD TRAINING

Wednesday, October 21, 2015 at 3:30PM.

Emmett Schmarsow, from the National Council on Aging, will host a board training for board members of the Nantucket Center for Elder Affairs and the Nantucket Council on Aging.

CRANBERRY ORANGE SCONES

Friday, October 23, 2015 from 1:30-3:30PM.

Join Nancy Tyrer from the Atheneum to make a Nantucket version of this Scottish treat! We will make cranberry orange scones from an Ocean Spray Cranberry Recipe and then enjoy them with a spot of tea. Each participant will go home with ½ dozen scones to enjoy with family and friends.

\$3.00 payable to instructor.

Call the Saltmarsh at 508-228-4490 or sign up at the front desk.

FRED COOK MEMORIAL MEN'S BREAKFAST

Friday, October 30, 2015 from 8:00-9:00AM.

Charles Manghis will prepare breakfast.

Call the Saltmarsh at 508-228-4490 or sign up at the front desk.

FUN AND GAMES

CONTRACT BRIDGE-MONDAYS & FRIDAYS 1:00PM.

You are responsible for personally signing up in the book, which is available at the front desk and you are responsible for finding a replacement if you can't play. The staff will not be taking sign-ups over the phone or finding replacements.

MEXICAN TRAIN GAME-FRIDAYS at 1:30PM.

Come, learn and enjoy a fun game played with Dominoes.

FUN AND GAMES

SOCIAL DUPLICATE BRIDGE-MONDAYS & FRIDAYS at 1:30PM.

All levels welcome, but you need to have some rudimentary knowledge of the game. You are responsible for personally signing up in the book, which is available at the front desk. Extra players will observe.

KNITTING, ETC.-MONDAYS 1:30PM.

Join veteran knitters working on individual projects or come to gain assistance. Bring needles, yarn & pattern. Call the center in advance at 508-228-4490.

CRAFTING-TUESDAYS 9:30AM.

Join fellow crafters while you work on individual projects, sharing techniques and tips. Quilting, cross-stitch, embroidery, etc. Call the center in advance at 508-228-4490.

ACBL SANCTIONED BRIDGE-TUESDAYS, October 6th & 27th at 1:45PM.

Earn master points. Come with your partner and \$5 payable to Carol Barrett, who is a certified director. The parking lot opens at 1:30. The game will begin when tables are seated.

DUPLICATE BRIDGE-TUESDAYS, October 13th & 20th at 1:45PM.

Carol Barrett directs. Come with your partner. The parking lot opens at 1:30. The game will begin when tables are seated.

SALTMARSH STAR STUFFERS-TUESDAY, October 27, 2015 from 9:00-11:30AM.

All volunteers are welcome in assisting with the Saltmarsh Gazette. Refreshments & snacks offered.

MAH JONGG-WEDNESDAYS 1:20PM.

Play two ways: American and Chinese. Join several experienced and new players for this popular Chinese tile game.

BINGO-WEDNESDAYS 1:20PM.

Games are played for cash prizes. \$1 entrance fee and \$.50/card.

PAY ME & GREEDY DICE CARD GAMES-THURSDAYS 1:30-3:30PM

Learn to play and have an afternoon of fun. Played at The Landmark House.

COMPUTER CLASS-FRIDAYS 10:30-12:00

Join volunteer Tom McGlinn as he leads a discussion about ways to make use of the World Wide Web, from E-mail and search engines, to podcasts, internet phone service, and I pad use.

MOVIES-FRIDAYS 1:00-2:00PM

Featuring the Sherlock Holmes series of 41 episodes.

CRIBBAGE-FRIDAYS 1:20PM

Join us for good company and an afternoon of cribbage. Call 508-228-4490 to sign up.

THE FRED COOK MEMORIAL MEN'S BREAKFAST-FRIDAY, October 30, 2015 at 8:00AM.

VISUAL WORKSHOPS-EXPLORING YOUR ARTISTIC & CREATIVE PALETTE with LINDA ZOLA-THURSDAYS 9:30AM-11:00AM at the Landmark House.

Have you been thinking of trying something new or revisiting your creative artistic roots?

Linda volunteers her time at the **LANDMARK HOUSE** for artistic and creative palette classes. She talks about a variety of arts and crafts with a small group of enthusiastic individuals exploring the visual arts. Linda Zola is a well-known local educator and artist who can provide instruction for drawing, acrylic painting, watercolor, pastel, woodcut and lino printmaking, collage, decoupage, paper-mache, and various mixed media.

FITNESS PROGRAMS

LOW IMPACT AEROBICS W/NANCY SWAIN- M-W-F 8:45-9:45

Designed for those who wish to work at a mild pace, improve flexibility but don't want to go beyond their usual exertion level. Designed for those who can't get up and down from the floor. Participants must be able to be independent.

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FITNESS PROGRAMS

FAST PACED AEROBICS W/JOANNE DAMOURS-M & W 10:05-11:05 (Nancy Swain teaches Fridays class)

Fast paced low impact program, designed for those who want to push beyond their usual level & increase exertion & resistance.

STABILITY & STRENGTH TRAINING W/NANCY SWAIN-TUESDAYS 8:00-9:00

-The principles of strength training are used with a stability ball. Please bring your own ball. The purpose of the ball is to improve balance, stability and agility, and to strengthen the core muscles.

YOGA W/BARBARA RIVES-TUESDAYS 9:00-10:00

Join Barbara as she assists beginners and continuing students with yoga instruction. Please wear comfortable clothing.

KETTLE BELL CLASS W/JOE AGUIAR-THURSDAYS 7:50-8:50

This program includes a warm-up, lifting and agility drills with a 5lb. kettle bell and a warm down. During this class you will increase your heart rate & improve coordination and balance

TAI CHI W/DOUG BAIER-THURSDAYS 9:00-10:00

Everyone is welcome to learn about this ancient martial art which is a non-impact exercise providing health benefits with increased flexibility, balance & well being.

HEALTH AND WELLNESS

HEARING CARE SERVICES-WEDNESDAY, October 7, 2015 from 11:00-3:00

To make an appointment with Barbara Eaton please call Susanne or Barbara at 1-508-255-1285 or toll free at 1-800-328-1118.

BLOOD PRESSURE & HEALTH & WELLNESS QUESTIONS with Ella Finn on **WEDNESDAY, October 7, 2015 from 11:15-11:45**

BLOOD PRESSURE CLINIC-THURSDAYS 2:15-2:45

SUPPORT

ELDER SERVICES OF CAPE COD AND THE ISLANDS HOME CARE AND RESPITE

Elder Services provides two state funded programs for elders who are no longer independent but wish to remain in their homes. For more information please call Sheri Hunt at 508-228-4647, located at the Landmark House at 144 Orange Street.

THE HOME CARE PROGRAM

Requires an elder to be 60 years old or over, and need assistance with at least one critical task such as bathing, meal preparation, shopping or transportation and be income eligible.

THE RESPITE PROGRAM

Requires an elder to be at least 60 years old, need assistance with at least one critical task & have a daily caregiver. Payment for both programs is on a sliding fee schedule. The respite fee is based on the income of both the elder & his or her spouse.

PALLIATIVE AND SUPPORTIVE CARE OF NANTUCKET

Palliative & Supportive Care of Nantucket has again been awarded a grant from Elder Services of Cape Cod & the Islands. This grant will partially support the continuation of private consultations, in the home or our office, with a nurse practitioner, for family members who help care for a family member or friend who needs some assistance due to illness, disability, or frailty. Caregivers can request an overall evaluation of their situation, including an assessment of the person they help care for, and can receive information, support, and education about various topics ,e.g., the disease process (including Alzheimer's Disease); managing medications; giving personal care; maintaining safety; planning for future health care needs; caring for themselves while caring for someone else; stress management, etc. Referrals for other services may also be made. This program is part of the *Caregivers' Connections Program* which also includes:

SUPPORT

***Volunteers**-provide 1-2 hour/week for respite breaks for caregivers, or can help with errands transportation, etc.

***Time Out**-caregiver support groups which will meet Wednesday, October 14th & 28th from 1:00- 2:30PM in our office, located in the Hospital Dorm Building.-

***Alzheimer's Disease Educational Consultations**-for caregivers of persons with Alzheimer's.

***Lending Library** of caregiver-related topics.

All hospice services are free of charge! Coaching for Caregivers is funded in part by the Elder Services of the Cape & Islands Title IIIB grant under the Older American Act. Voluntary donations are gratefully accepted for this program.

For more information or an appointment, please contact Palliative & Supportive Care of Nantucket, 57 Prospect; phone: 508-825-8325; email: pascon@partners.org; website: WWW.pascon.org

MENTAL HYGIENE SERVICES AVAILABLE THROUGH LOCAL COUNSELOR-DAVID CHEW

David P. Chew ACSW, LICSW has been awarded a small ESCCI Title III grant to provide outreach mental hygiene services to the elderly population on Nantucket. Services include bio-psychosocial evaluations & brief counseling. The behavioral assessments & counseling will be provided at the client's residence at absolutely no cost. All Nantucket residents over the age of 60 are eligible. The targeted population for this service is residents of Nantucket, economically disadvantaged, low-income minority, disabled, limited English speaking or Alzheimer's diagnosed. Physicians, nurse practitioners, assisted living domiciles, clergy and other organizations and individuals in contact with elderly who have already been contacted by mail to solicit referrals to this program. If you know of a person who might benefit from this service, please contact David Chew at 508-228-1473. Funding for this service is provided from the Executive Office of Elder Affairs, Older Americans Act Title III grant, through our Area Agency on Aging-Elder Services of Cape Cod & the Islands.

ALZHEIMER'S CAREGIVERS SUPPORT GROUP PROGRAM

This group facilitated by Sheila Barrett meets at Our Island Home at 9 East Creek on the last Friday of every month from 1-2PM. Call 508-228-0462 for information.

GET A HANDLE ON MENTAL ILLNESS SUPPORT GROUP

NAMI of Cape Cod and the Islands is pleased to announce the start of a monthly support group for family members and friends of people living with depression, anxiety, bi-polar disorder, obsessive compulsive disorder (OCD), schizophrenia and other neurological disorders. The meetings will take place on the second Tuesday of each month from 7:00-8:30pm at Sherburne Commons, 40 Sherburne Commons Drive. For more information contact Ruth@ 508-221-3437 or ruthieb7@yahoo.com

SERVICES

VETERANS' COUNSELING

The Veterans Administration Center in Hyannis offers counseling to Nantucket Veterans on island by licensed psychologist Dr. Jocelyn Howard on Nantucket. To learn more information or to make an appointment please call the Hyannis Vet Center at 508-778-0124.

VETERAN'S SERVICES are available with Nantucket's Veteran's Agent, Ralph Hardy, at the VFW located at 22 New South Rd. Office hours are Thursday's 8:30AM-12:15PM, by phone anytime, leave a message at 508-325-5332, email rhardy@nantucket-ma.gov or mail to Veterans Services Officer, 81 Washington St. Ext., Nantucket, MA 02554.

CONGREGATE LUNCH is served at the Saltmarsh Monday –Friday from 12-1 for elders 60 and over and their spouses. Call Elder Services at 508-228-4647 to make a reservation or cancellation two days in advance.

VAN TRANSPORTATION-The NRTA provides door to door transportation to elders and persons with disabilities called Your Island Ride. Pre-certification and approved eligibility are required. Service is provided year round, Monday through Friday, 8:00AM to 4:00PM. Trip requests must be made in advance. For more information please call 508-325-7516 or visit www.nrtawave.com.

LEGAL SERVICES OF CAPE COD & THE ISLANDS sends a representative to Nantucket each month and is available October 1, 2015 at the Saltmarsh, for those who have an appointment. Call 1-800-742-4107 to make an appointment.

SERVICES

SOCIAL SECURITY representatives are available at www.ssa.gov or by phone and are now offering services via VIDEO TELECONFERENCING. A terminal has been installed at the Saltmarsh and will be available the fourth Wednesday of each month from 9:00AM to 12:00PM. This service will allow island seniors to speak directly with a SSA representative to conduct official Social Security business. Please call the Saltmarsh at 508-228-4490 to make an appointment.

The Hyannis office is located at 259 North St. or call 1-866-467-0440. The Falmouth office is located at 48 Research Rd. or call 1-855-881-0212. Both offices are open M, T, Th & F from 9-3 and W 9-12.

PORTABLE RAMP FOR DISABLED PERSONS AVAILABLE The Nantucket Commission on Disability has an eight foot portable ramp and a two foot portable threshold ramp for disabled visitors to borrow while they are visiting the island. The eight foot ramp is used to ramp two or three steps and makes porches, stoops and decks wheelchair accessible. The threshold ramp is used to ramp one step from a porch, stoop or deck and makes a home wheelchair accessible.

If you know someone who could benefit from these ramps please call Brenda McDonough, the facilitator for the Nantucket Commission on Disability, at 508-228-8085 (work) or 508-228-5409 (home).

This is a courtesy service from the Nantucket Commission on Disability.

Elder Services of the Cape and Islands on Nantucket, located at 144 Orange St., has a 10' ramp available. Please call Sheri Hunt at 508-228-4647.

SHINE-SERVING THE HEALTH INFORMATION NEEDS OF ELDERS. Help with health insurance questions by appointment with our SHINE volunteer, Phil Gallagher. Call Phil at 508-228-9836 to make an appointment or drop in on Thursdays from 11-2.

PASSPORTS The Town of Nantucket Department of Human Services, located at the Saltmarsh Senior Center, will accept passport applications on behalf of the U.S. Department of State. U.S. citizens planning international travel may apply for their passports on Tuesdays from 1:30-4PM and Thursdays between 2:00-4PM, by appointment. Please call Ann Medina, Passport Application Acceptance Agent, at 508-325-7559 to make your appointment. In advance of your appointment, you may preview application forms, information on documentation required, fees, and a wealth of other passport and international travel information, by visiting the only official website for passport information at www.travel.state.gov

RESOURCES

NANTUCKET SENIOR CITIZEN TELEPHONE REASSURANCE PROGRAM

If you live alone and would like peace of mind that you can check in with someone daily, consider joining the Nantucket Telephone Reassurance Program. If you or a family member is interested in signing up stop by the Nantucket Police Department at 4 Fairgrounds Road, call 508-228-1212 or go online at www.nantucket-ma.gov/police for more information.

SAFETYNET BY LOJACK

A simple and convenient way to find and rescue individuals with cognitive disorders (including autism, Alzheimer's and other conditions) who tend to wander and become lost. For more information call 1-877-4-FIND-THEM or call Liz Shannon at the Nantucket Fire Department 508-228-2324 X113.

ISLE RETURN PROGRAM

This is a voluntary program on Nantucket that benefits residents and visitors who are at risk for wandering. Family members or caregivers complete an enrollment form which includes a photogram and information useful to public safety agencies involved in a search. The registrant's information is stored in a confidential, information base managed by the Nantucket County Sheriff's Department. The service is provided at no cost. For more information visit the website: <http://www.islereturnprogram.com> or contact the Nantucket Sheriff's Department at 508-228-7263.

RESOURCES

911 DISABILITY FORM

The filing of this document with your 9-1-1 Municipal Coordinator will alert public safety officials that an individual residing at your address communicates over the phone by a TTY and/or has a disability that may hinder evacuation or transport. This information is confidential and will appear **ONLY** at the dispatcher's location when a 9-1-1 call originates from **YOUR** address. Call the Municipal Coordinator, Sheila Clinger at 508-228-1212.

VOLUNTEER OPPORTUNITIES

VOLUNTEERS IN POLICE SERVICES

The volunteer program was created in order to enhance and promote innovative public safety programs to meet the needs of this ever growing island community. The Nantucket Police Department actively encourages the involvement of volunteers, local citizens, who volunteer their time and energy to the department, provide public awareness and support, beneficial cost and resource savings to the town, and foster quality of life and well-being in the community. To enhance the mission, goals and efforts of the Nantucket Police Department, as well as promote community involvement, awareness and support. For more information on the Nantucket Police Department's Volunteer in Police Service Program visit www.nantucket-ma.gov/police or call the Volunteer Coordinator, Sergeant Kevin A. Marshall at 508-228-1212 or emailmarshallk@nantucketpolice.com

NANTUCKET COMMUNITY TELEVISION

The Saltmarsh Senior Center has an Organizational Membership at Nantucket Community Television, the Public, Educational & Government Access Channel (PEG Channel). The membership is available to four seniors for non-commercial use to film Saltmarsh events. For instance, special events or talks at the Saltmarsh can be filmed and shown on the PEG Channel. Membership includes training, unlimited access to the NCTV production equipment, and studio space. After training, equipment can be borrowed on a reservation basis, assuming NCTV can broadcast (and webcast) your video on their channel. Some restrictions apply. More information can be found on www.nantucketcommunitytelevision.org in the "ABOUT" section. Seniors who want to use the membership can call the Saltmarsh at 508-228-4490.

ELDER SERVICES OF CAPE COD & THE ISLANDS

Volunteer opportunities are available in many of the programs we offer. You will need to complete an application and provide information for the completion of a criminal background check. Massachusetts law requires this check of all employees and volunteers who will be working with seniors.

- Meals on Wheels – Volunteers needed to deliver nutritious meals while providing a well-being check to homebound elders and their spouses. Monday – Friday 10am
- Congregate Lunch – Volunteers needed to help serve, clear and wash dishes, Monday – Friday 11am – 1pm at the Saltmarsh Senior Center.
- Money Management – Volunteers are needed to assist income-eligible adults 60 and over, who may be at the risk of losing their independence due to their failure to pay their bills on time. Volunteers meet with clients in their homes to assist with balancing checkbooks, paying bills and managing money wisely.
- Long Term Care Ombudsman – Volunteers are needed to visit long term care facilities on a weekly basis to monitor conditions and address residents' concerns.

For more information or to complete an application, contact our office at 508-228-4647.

ACCOMMODATIONS

THE HOMESTEAD is a private non-profit organization founded in 1930 dedicated to providing residential services to older adults who choose to live a more simplified lifestyle in the company of their peers. The Homestead is located on upper Main Street in a gracious Victorian home and serves individuals who are 65 or older and are able to enjoy a minimally structured environment. There are 13 resident rooms, some with half bath and some with full baths. Services include private rooms, three meals a day served in the dining room, housekeeping and laundry services, medication management, a full-time night supervisor, a stair chair lift between the first and second floors, transportation to appointments, and many recreational activities held during the week.

Please stop by for a visit, or call Tish at 508-228-1135 for more information.

ACADEMY HILL APARTMENTS- Phone # 508-228-3170, or email academyhill@hallkeen.com. There is one bedroom apartment available.

LANDMARK HOUSE is affordable housing federally subsidized by USDA Rural Development and U.S. Department of Housing and Urban Development (HUD). Landmark House is for those of very low, low and moderate income; 62 years of age, as well as younger disabled individuals. Landmark House residents pay approximately 30% of their adjusted gross income for rent; the federal government subsidizes the rest. Call Executive Director Ella Finn at 508-228-6888 for more information and availability.

THE RESIDENCE AT SHERBURNE COMMONS - As Nantucket's only senior living community, The Residences at Sherburne Commons combines the advantage of the conveniences of a retirement community with optional ownership opportunities. Whether the best fit is a spacious apartment or comfortable Nantucket style cottage residents enjoy all the amenities and benefits of life at Sherburne Commons. Choose the housing option that best meets your needs and enjoy a maintenance-free lifestyle with time to pursue your interests and passions. Should care needs arise, the right level of support and care is easily accessible on site, allowing your loved ones to remain close by. Independent Living apartments and cottages as well as Assisted Living apartments available, call Chuck Gifford at 508-0228-4080 for more information.

SHINE news...Medicare Open Enrollment

OCTOBER 15 – DECEMBER 7, 2015

Don't wait until it is too late!

The Open Enrollment Period (Oct 15 – Dec 7, 2015) for Medicare Advantage plans (Part C) and Prescription Drug Plans (Part D) will be here before you know it and it is very important to re-evaluate your Medicare options for 2016 during this period. Each year Medicare plans can change premiums, deductibles, co-pays and the prescription formulary (list of drugs they cover). In addition, Medicare Advantage Plans (HMOs, PPOs) often add and/or drop primary and specialty physicians, skilled nursing facilities and hospitals. Your current plan is required to notify you by September 30th of any changes for the coming year. This letter is called the Annual Notice of Change (ANOC) - please make sure you review it. If you decide to stay with your current plan there is no further action required. If you switch your Medicare Advantage (Part C) or Medicare Prescription Drug (Part D) Plan during the Open Enrollment Period it will take effect January 1, 2016 (Please note - this enrollment period may not affect you if you have retiree coverage). SHINE volunteer at the Saltmarsh every Thursday from 11-2. Call 508-228-4490 to make an appointment or just drop in.

NANTUCKET CENTER FOR ELDER AFFAIRS, INC.
 SALTMARSH SENIOR CENTER
 81 WASHINGTON STREET EXT
 NANTUCKET, MA 02554
 PHONE: 508-228-4490
 FAX: 508-325-5366
 E-MAIL ADDRESS: lstewart@nantucket-ma.gov
 Web site: www.ma-nantucket.civicplus.com/169/council-on-aging

NON-PROFIT ORGANIZATION
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OCTOBER

PROGRAM COORDINATOR---LAURA STEWART
 PROGRAM ASSISTANT---GINNY CARRERA
 NANTUCKET COUNCIL ON AGING, CHAIRMAN---THOMAS McGLINN
 NANTUCKET CENTER FOR ELDER AFFAIRS, INC.
 ---PRESIDENT---NANCY SWAIN
 ---PRESIDENT EMERITUS---KEITH KREWSON

Nantucket Center for Elder Affairs, Inc. is the 501(c) 3 non-profit corporation which fundraises for the facility and program needs at the Saltmarsh Senior Center located at 81 Washington Street, Nantucket, MA 02554.

Council on Aging Board's Mission

1. Identify the total needs of the elderly population.
2. Inform the community and enlist the support and participation of all citizens concerning these needs.
3. Design, promote, or implement services for the elderly in the community.
4. Promote and support other programs which are designed to assist the elderly in the community.

FUNDING FOR OUR WELLNESS AND FITNESS PROGRAMS IS MADE POSSIBLE THROUGH
 THE
 EXECUTIVE OFFICE OF ELDER AFFAIRS STATE'S FORMULA GRANT, TOWN FUNDS AND DONATIONS FROM OUR
 PARTICIPANTS

DONATIONS may be made to support the Saltmarsh Center programs through our non-profit corporation: Nantucket Center for Elder Affairs, Inc. Donations may be restricted or given to support our general fund. Another way to give is to USE THE SPECIAL RENEWAL CARD (available @ the Saltmarsh) for subscription, renewal or a gift to YANKEE MAGAZINE. Subscriptions are \$20/year, of which \$10 is donated to the Center. You may also consider donating shares of stock, or remembering us in your will. We are a 501©3 charity and all donations are tax deductible.